

## EXHIBITOR IDEA ZONE

### Action for Healthy Kids

The National Institute for Fitness & Sport (NIFS)  
Amy Moyer, Corporate Outreach Coordinator  
250 University Boulevard  
Indianapolis, IN 46202  
317-274-3432 x287  
amoyer@nifs.org

### Alliance for Health Promotion

#### Indiana on the Move

Kelly Alley  
401 West Michigan Street  
Indianapolis, IN 46202-3233  
kalley@allianceforhealth.org .

### American Academy of Pediatrics, Indiana Chapter

Indiana State Medical Association  
Carolyn Downing  
322 Canal Walk  
Indianapolis, IN 46202  
317-261-2060  
www.inaap.org

### Behavioral Risk Factor Surveillance System

#### Youth Risk Behavior Survey

Indiana State Department of Health  
Linda Stemnock , Director  
2 North Meridian Street  
Indianapolis, IN 46204  
lstemnoc@isdh.IN.gov

### BGI Fitness-Commercial Division

8828 Corporation Drive  
Indianapolis, IN 46256  
888-348-4244  
www.bgifitnesscommercial.com  
commercialsales@bgindy.com

### Clarian "Fight the Fat"

Anne Graves  
317-962-9017

### Community Nutrition/Obesity Prevention

Indiana State Department of Health  
Weilin Long, Director  
2 North Meridian Street  
Indianapolis, IN 46204  
317-233-5590  
wlong@ishd.in.gov

### FIT CITY

Kelly Young  
201 South Capital Avenue  
Indianapolis, IN 46225  
Kelly@hetcom.com

### A.H. Ismail Center for Health, Exercise, and Nutrition

Purdue University  
Cody Sipe, Director  
800 West Stadium Avenue  
West Lafayette, IN 47907  
765-496-6499  
csipe@purdue.edu

### Indiana Association of Health Physical Education Recreation and Dance

Audrey Satterblom, President  
Indianapolis Public Schools  
Wellness Director  
T. C. Howe Academy-grades 6-12  
4900 Julian  
Indianapolis, IN 46201  
317-693-5096  
satterba@ips.k12.in.us

### Indiana Governor's Council for Physical Fitness and Sports

Eric Neuburger, Executive Director  
2 North Meridian Street  
Indianapolis, IN 46204  
317-233-7671  
eneuburg@isdh.IN.gov  
www.fitness.IN.gov

### Indiana Minority Health Coalition

Nancy Silvers Rogers  
3737 North Meridian Street, 3rd Floor  
Indianapolis, IN 46208  
http://www.imhc.org/

### Indiana Parent Teacher Association

Dee Jones  
4842 Hickory  
Hammond, IN 46327  
INPTADEE@yahoo.com

### Indiana School Nutrition Association

Lori Gerke, President  
PO Box 346  
Pendleton, IN 46064  
260-446-0113  
lgerke@eacs.k12.in.us

### Indiana State Parks and Reservoirs- Department of Natural Resources

402 West Washington, W225B  
Indianapolis, IN 46204  
www.in.gov/dnr/parklake/index.html

### Lighten Up Indiana-The Care Group-St Vincent Health

Mindy Mayol  
8333 Naab Road, Suite 400  
Indianapolis, IN 46260  
mmayol@thecaregroup.com

### Marsh Supermarkets

HealthStyles  
Tina Willis, RD  
9500 Crosspoint Boulevard  
Indianapolis, IN 46256  
317-594-2651  
mdsth@marsh.net  
www.marsh.net

### President's Challenge for Physical Fitness

Jeff McClaine  
501 North Morton Street, Suite104  
Bloomington, 47404  
jmcclain@indiana.edu

### Purdue Cooperative Extension

Karen Zotz  
Matthews Hall, Room 110  
812 West State Street  
West Lafayette, IN 47907  
kzotz@purdue.edu

### Vanderburgh County Department of Health

Chronic Disease Program  
Christina Kempf, RN  
420 Mulberry Street  
Oak Park Professional Building  
Evansville, IN 47713



# Obesity Prevention Summit

## *A Commitment to Act*

October 27, 2005

[www.INShape.IN.gov](http://www.INShape.IN.gov)  
1-888-446-3468



Indiana State  
Department of Health

Anthem

Anthem Blue Cross and Blue Shield is a trade name of Anthem Insurance Companies, Inc.  
An independent licensee of the Blue Cross and Blue Shield Association.  
® Registered marks Blue Cross and Blue Shield Association.



GET READY

7:30 a.m. – 8:30 a.m.

Registration  
Exhibitor Idea Zone

University Place  
Conference Center Lobby

8:30 a.m.

Welcome

Auditorium

Scott Tittle, *Special Counsel & Health Policy Director, Office of Governor Mitch Daniels*

Start your Engines

Auditorium

Lyn St. James, *Vice Chair, Governor’s Council on Physical Fitness and Sports*

The 1992 Rookie of the Year of the Indianapolis 500, one of the Top 100 Women Athletes of the Century by *Sports Illustrated for Women* and the Founder of the Lyn St. James Foundation and the Driver Development Program. Lyn puts you in the driver’s seat to becoming a champion in your community in the race against Indiana’s health problems.

8:50 a.m.

Setting the Stage

Auditorium

Judith A. Monroe, MD, *Indiana State Health Commissioner*

9:05 a.m.

A Plan for Reducing  
Obesity in Indiana

Auditorium

Lloyd J. Kolbe, Ph.D., *Professor, Applied Health Science, Indiana University*

Founding Director of the Centers for Disease Control and Prevention’s (CDC) Division of Adolescent School Health and Special Projects, Dr. Kolbe delivers a comprehensive model for communities and states to adopt in an effort to forge relationships between those responsible for improving community health.

9:35 a.m.

Trailblazers: Indiana Solutions

Auditorium

Lighten’ the Load

Deborah McMahan, MD, *Health Commissioner, Fort Wayne-Allen County Health Department*

Fort Wayne-Allen County Health Department staff was invited to participate in a 12 week team program designed to facilitate weigh loss through education, departmental support and team motivation.

Communities in Motion

Christina Kempf, RN, and Carol Anderson, RN, *Health Educator, Vanderburgh County Health Department*

“Evansville In Motion” is a brochure of 28 different areas in Vanderburgh County that have been measured and mapped out for individuals to walk and run in addition to a walking log, safety tips and hints on getting started. It was created by the collaboration of the Chronic Disease Division and the Health Education Division of the Vanderburgh County Health Department.

DeKalb Memorial Hospital

Andrea Bales, MS, ACE, *Wellness Coordinator*

DeKalb Memorial Hospital in Auburn is proud to have been selected as one of INShape Indiana’s first institutional success stories. The comprehensive wellness program at DeKalb has three distinct target audiences: employees, community members, and corporate clients. Details on program development, implementation, marketing, and evaluation will be outlined in this session.

A Fitness Challenge

Sherry McIntyre, RN, *Coordinator of Health Ministries & Parish Nurses, Community Health Network*

The Challenge was developed to promote physical, spiritual and mental health awareness. People competed in teams for the highest possible points. Awards were given out on a weekly and monthly basis.

Action for Healthy Kids (AFHK)

Amy Moyer, *State Chairperson*

AFHK is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. This effort represents a response to our nation’s epidemic of overweight, sedentary, and undernourished children and adolescents organized by Former US Surgeon General David Satcher. Healthy schools produce healthy students—and healthy students are better able to learn and achieve their true potential.

Indiana Minority Health Coalition (IMHC)

Nancy Silvers Rogers, *Consultant & Project Manager, Indiana Minority Health Coalition*  
Mark D. Cork, Jr. and Saraya Johnson, *IMHC Teen Fitness Champs*

IMHC, a research, policy, advocacy and training organization, developed the Teen Fitness Champions program to serve as an age and culturally specific outreach initiative, to increase physical activity and raise awareness about obesity among minority youth ages 14 – 19 in Marion County. The Teen Fitness Champions program, while open to all students but specifically targeting minorities, uses both awareness, incentives and a program component to engage and encourage teens to take responsibility for their health. IMHC is a partner of the community-wide Fit City Campaign.

10:35 a.m.

Deskercise

Auditorium

Nicole Haywood, MA, RD, *National Institue for Fitness and Sports, (NIFS)*

Join NIFS’ registered dietitian and healthy weight expert Nicole Haywood to discover simple techniques for incorporating movement into your day. Whether you’re a desk jockey, homemaker, policy maker, or mover and shaker, you’ll learn how to improve strength and flexibility with no equipment but your own body!

10:50 a.m.

Break

Foyer

GET SET

11:00 a.m.

Ideas and Advice from Around  
the Nation—Centers for Disease  
Control (CDC)

Auditorium

Laura Kettle Kahn, Ph.D., *Science and Policy to Translation, CDC*

A framework and programs that make a difference in schools, worksites, medical settings, and communities. Challenges to overcome.

Jeff McKenna, MS, *Deputy Team Lead in Communications Marketing, CDC*

Communications that lead to success. How to access and leverage your local community’s communications resources.  
*Special thanks to Elizabeth Majestic, MS, MPH; Associate Director for Program Development, CDC*

11:50a.m.

Governor Mitch Daniels

Auditorium

12:00 p.m.

Exhibitor Idea Zone & Lunch

Foyer

Pick up a boxed lunch and explore the exhibit area where you will meet exhibitors that share your Commitment to Act.

1:00 p.m.

Your Group IS Creating a  
Healthier Indiana

Room 132, 134, 137, 206

In this break-out session with others from your professional or other interest group, you will generate ideas on how:  
You will be a player in your community’s health policies and programs.  
Commitment statements can set the stage for change in your communities.

*Look for your meeting room assignment on the back of your name badge*

2:15 p.m.

Networking Break and  
Exhibitor Idea Zone

Foyer

2:30 p.m.

Your Prescription for  
Your Community’s Health

Room 132, 134, 137, 206

In this break-out session with others from your community, you will create your unique formula for success:

- Who in your community is a player?
- What ideas might you consider using in your community?
- How can you use the Healthy Habits booklet?
- How can you make your community the healthiest in Indiana?

*Look for your meeting room assignment on the back of your name badge*

GO

4:00 p.m.

Putting the PLAY into Motion

Auditorium

Judith A. Monroe, MD, *Indiana State Health Commissioner*

*Stay seated, you might win a 2006 Trek 7200 Hybrid Bike from Bicycle Garage Indy. You must be present to win.*

